

# COGNITIVE BEHAVIORAL THERAPY

Name: \_\_\_\_\_

Date: \_\_\_\_\_

<b>Situation</b> What was the situation?	→		
<b>Thoughts</b> What was going on in my mind?	→		
<b>Feelings</b> What did you feel during the situation?	→		
<b>Evidence</b> Evidence supporting this thought	→		
<b>Counter-evidence</b> Evidence against this thought	→		
<b>Perspective</b> A new, more balanced perspective	→		